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|  | **Ingredients** | **Step** |
| Vegetarian egg fried rice | * 3 tbsp [sunflower oil](https://www.bbc.com/food/sunflower_oil) * 2 free-range [eggs](https://www.bbc.com/food/egg), beaten * 3 [spring onions](https://www.bbc.com/food/spring_onion), sliced on an angle * ¼ green [pepper](https://www.bbc.com/food/pepper), deseeded and thinly sliced * ¼ red [pepper](https://www.bbc.com/food/pepper), deseeded and thinly sliced * ¼ yellow [pepper](https://www.bbc.com/food/pepper), deseeded and thinly sliced * ¼ [orange](https://www.bbc.com/food/orange) pepper, deseeded and thinly sliced * ½ [carrot](https://www.bbc.com/food/carrot), peeled and shredded * 2–6 fine [green beans](https://www.bbc.com/food/green_bean), shredded * 8–10 [mushrooms](https://www.bbc.com/food/mushroom), roughly chopped * 2 tbsp frozen [peas](https://www.bbc.com/food/pea), defrosted * 500g/1lb 2oz cold, cooked [rice](https://www.bbc.com/food/rice) * 2 tbsp light [soy sauce](https://www.bbc.com/food/soy_sauce) or tamari, to taste * [salt](https://www.bbc.com/food/salt) and freshly ground [black pepper](https://www.bbc.com/food/black_pepper) | 1. Heat the oil to smoking point in a large wok. Add the eggs and swirl with a ladle or spoon, breaking them up as they cook. 2. Add the spring onions and peppers and stir-fry for 1 minute. Add the remaining vegetables, season with salt and pepper, and stir-fry for a couple of minutes until they are softened, but still have a bite. 3. Add the rice and stir-fry for a few minutes until the rice is piping hot. Season with soy sauce and serve. |